

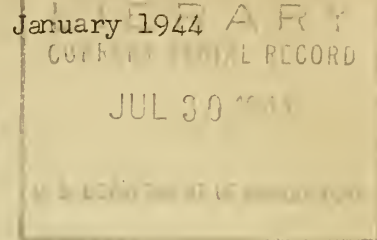
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WAR FOOD ADMINISTRATION  
Food Distribution Administration  
INDUSTRIAL NUTRITION SERVICE  
Notes on Food for Workers



What will war workers and their families eat in 1944?

"The nutritive values of war workers' diets in 1944 can be better on the whole than in any recent years," says Norman Leon Gold, Chief, Civilian Food Requirements Branch, Food Distribution Administration.

More workers in 1944 will be able to secure an adequate lunch on the job, if the goals of the Government's Industrial Feeding Program are achieved. The goals include: (1) to expand in-plant feeding so that 5,500,000 more workers may have on-the-job food service; (2) to provide the necessary equipment, food and materials; (3) to develop and gain acceptance of standards for adequate service; (4) to extend the educational programs on nutrition for workers and their families through industrial and community channels.

The President urged more in-plant feeding in a statement made December 22, 1943 and requested WPB, the War Department, the Navy and the Maritime Commission to make necessary funds and materials available for such equipment facilities as may be necessary for the program, in order to prevent unnecessary loss of man-hours and productive effort.

The FDA, in its responsibility for the direction of the in-plant feeding program, has organized an Inter-Agency Committee on Food for Workers to coordinate the activities of WFA, WPB, OPA, WMC, War Department, Navy, Maritime Commission, FWA and the U.S. Public Health Service. Similar committees are being formed on the regional level. The Inter-Agency Committee has agreed that in general the requirements of industrial workers can be met through the medium of institutional feeding.

The food picture for 1944 indicates there will be more luncheon meats, dried peas, peanuts and peanut butter, cereals, soybean flour and grits, bread, potatoes, fresh green and yellow vegetables and citrus fruits, citrus fruit juices and citrus marmalades.

There will not be enough BEEF to satisfy the demand among war workers, due to needs of the fighting forces. However, there will be as much meat as in 1943, with more cold cuts, and canned luncheon meats. Tin is allowed to pack one-fourth again as much luncheon meat as last year. These increases should help meet the war workers' luncheon needs.

FISH supplies will be about the same as in 1943.

There will be enough POULTRY for many Sunday dinners and some sandwiches, but there will not be enough to meet any increased demand over 1943.

The hens are doing a real war job by increasing production, due to improved breeding management and feeding. It is estimated there will be as many EGGS this year as last year. This will provide each person with about 347 eggs in 1944.

MILK supplies will be short in some areas, but it is hoped that we can consume it at 1943 levels. War plants should be serving milk in  $\frac{1}{2}$ -pint containers, in order to have the supply meet the needs of children and pregnant mothers. CREAM will be scarce, and CHEESE AND ICE CREAM supplies will be less than the demand.

Plenty of BREAD — whole-wheat or white bread — will be available. All white bread will be made with flour enriched with Vitamin B1, B2, niacin and iron. War workers will be eating more bread, not only in sandwiches, but also in meat extenders and in puddings and other desserts. There will be all the PEANUT BUTTER and CITRUS MARMALADE needed to spread on sandwiches. BUTTER will still have to be used as sparingly in 1944 as in 1943, although 86 per cent of the supply goes to civilians. Margarine will be used in many war plants to help stretch the butter supply.

Canned pork and beans will again be available, but there will not be enough to supply the demand. Dried bean supplies will be at a pre-war level, with more of the easy-to-prepare forms, such as frozen, pre-cooked, and dehydrated.

Demands for GREEN and YELLOW VEGETABLES will reach a record high this year. Estimates based on the cooperation of the Weather man and Victory Gardeners indicate there will be enough to meet 90 per cent of the estimated demand for fresh vegetables, 84 per cent for canned vegetables, and 63 per cent for frozen vegetables.

Both WHITE POTATO and SWEETPOTATO supplies are expected to be sufficient to meet the demand.

CITRUS FRUITS are expected to reach a demand that will break all former records. More citrus fruit and less other fruits will be available, as they provide higher nutritive values. Citrus fruits and tomatoes are counted upon heavily in wartime to provide the Vitamin C needed daily.

The 1944 food picture on the home front is far from being gloomy in this wartime period. It is, however, a picture that war conditions may affect in unpredictable ways. Rationing will continue to be used as a means of providing a fair share for everyone of foods where supplies cannot meet increasing demands. Those who choose the Basic 7 foods each day and adapt themselves to wartime shortages and shifts in the local supply, will be well nourished in 1944.

#### MENUS

Meat soup with vegetable and  
barley or rice  
Baked beans  
Cabbage and green pepper salad  
Enriched bread\*  
Peach Brown Betty  
Milk

Cream of spinach soup  
Baked stuffed pork chops  
Steamed potatoes  
Squash  
Enriched rolls\*  
Cottage pudding with orange sauce  
Milk or other beverage

Tomato juice  
Baked stuffed fish  
Scalloped potatoes  
Buttered green beans  
Whole-wheat rolls\*  
Lemon meringue pie  
Milk

Grapefruit juice  
Ham loaf  
Mashed potatoes  
Peas and carrots  
Enriched bread\*  
Cherry roll  
Milk

\*With butter or fortified margarine.



January 1944

WAR FOOD ADMINISTRATION  
Food Distribution Administration

To the workers in Industrial Food Service

As 1944 estimates of food supplies for civilian use indicate more bread will be used in meat extenders -- more pork and dried beans and fish will be available, here are a few suggestions for the use of these foods in industrial lunchrooms.

Suggested Recipes

| Ingredients       | <u>Ham Loaf</u> |               |
|-------------------|-----------------|---------------|
|                   | 100 portions    | 500 portions  |
| Cooked ground ham | 10 pounds       | 50 pounds     |
| Ground fresh pork | 10 pounds       | 50 pounds     |
| Bread crumbs      | 3 pounds        | 15 pounds     |
| Salt              | 2 ounces        | 10 ounces     |
| Eggs              | 14              | 70            |
| Milk              | 3 quarts        | 3 3/4 gallons |

Size of portion -  $3\frac{1}{2}$  ounces

1. Mix the ground ham, seasonings, and bread crumbs together.
  2. Beat the eggs, add the milk, and combine with the meat.
  3. Scale the meat into loaf pans, pressing the meat well into the corners. Bake  $1\frac{1}{2}$  to 2 hours in a moderate oven (325° F.).
  4. Serve accompanied by mustard or horseradish sauce.
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| Ingredients       | <u>Baked Beans</u> |              |
|-------------------|--------------------|--------------|
|                   | 100 portions       | 500 portions |
| Small white beans | 10 pounds          | 50 pounds    |
| Salt pork, cubed  | 4 pounds           | 20 pounds    |
| Dry mustard       | 2 ounces           | 10 ounces    |
| Sugar             | 1 pound            | 5 pounds     |
| Molasses          | 1 pint             | 2 1/2 quarts |
| Vinegar           | 1 cup              | 1 1/4 quarts |
| Water             | 12 quarts          | 12 gallons   |

Size of portion - 6 ounces.

1. Wash and pick over the beans. Cover with boiling water and soak for 4 hours or longer, until swelled.
2. Add the salt pork and seasonings.
3. Put in earthenware crocks or baking pans and bake for 6 hours in a 300° F. oven. Add more hot water while baking, as necessary.

# Baked Stuffed Fish

| Ingredients                           | Amounts      |               |
|---------------------------------------|--------------|---------------|
|                                       | 100 portions | 500 portions  |
| Medium-sized fish, cleaned and scaled | 40 pounds    | 200 pounds    |
| Drippings                             | 12 ounces    | 4 pounds      |
| Salt                                  | 2 ounces     | 10 ounces     |
| <u>Stuffing:</u>                      |              |               |
| Bread crumbs                          | 8 quarts     | 10 gallons    |
| Butter or drippings                   | 1 pound      | 5 pounds      |
| Onion, finely chopped                 | 1 pound      | 5 pounds      |
| Celery, diced                         | 1½ quarts    | 7½ quarts     |
| Parsley, chopped                      | 2 cups       | 2½ quarts     |
| Sage                                  | 2 teaspoons  | 1 ounce       |
| Lemon juice                           | 2 cups       | 2½ quarts     |
| Water                                 | 3 cups       | 3 ¾ quarts    |
| Salt                                  | 1 ounce      | 5 ounces      |
| Pepper                                | 2 teaspoons  | 3 tablespoons |

Size of portion - 7 ounces.

1. Clean and scale the fish and wipe with a clean cloth.
2. Rub the outside of the fish with the drippings seasoned with salt and pepper.
3. Melt the fat, add the celery and onions, and cook for 5 minutes. Add the seasonings, and combine with the bread crumbs. Moisten with the lemon juice and water.
4. Stuff the fish, and bake in a moderate oven at 350° F. until tender.